

Studio Timetable (Summer 2017/18)

Check yogacircle.com.au/timetable to confirm times and teachers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am Hatha Yoga (All)	6.15am Vinyasa Yoga (All)	6.15am Hatha Yoga (All)	7.30am Iyengar Yoga (Lvl I-II)	7.00am Iyengar Yoga (Lvl II) 2 hr class	8.00am Vinyasa Yoga (All)	7.30am Free Meditation
9.00am Iyengar Yoga (Lvl I)	9.00am Iyengar Yoga (Lvl II)	9.15am Vinyasa Yoga (All)	9.15am Vinyasa Yoga (All)	9.15am Vinyasa Yoga (All)	10.00am Iyengar Beginners	8.00am Vinyasa Yoga (All)
	11.00am Longevity Yoga Over 55's	11.00am Beginners Yoga	Hawaiian Kahuna Massage available in the studio inbetween classes call 0400 749 392		Special afternoon workshops and master classes. See website for details	
4.15pm Restorative Yin Yoga (All)	4.15pm Beginners Yoga on the ropes	4.15pm Restorative Yin Yoga (All)	4.15pm Vinyasa Yoga (All)	4.30pm Power Vinyasa Yoga (Lvl II)		4.15pm Restorative Yin Yoga + Meditation
6.00pm Vinyasa Yoga (All)	6.00pm Power Vinyasa Yoga (Lvl II)	6.00pm Slow Flow Vinyasa Yoga	6.00pm Iyengar Yoga (Lvl I-II)	Different styles and classes for all ages and levels of fitness. \$25 drop-in price + discounted passes available. Check www.yogacircle.com.au/pricing		